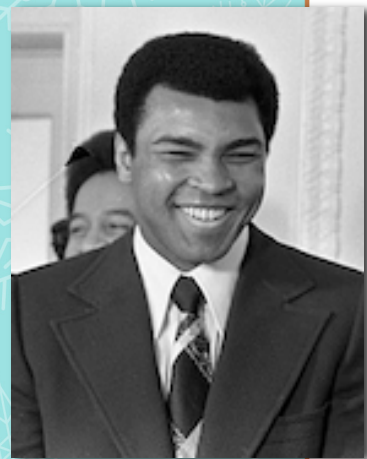


What an awesome holiday party!



Notable Quotable

"My alphabet starts with this letter called yuzz. It's the letter I use to spell yuzz-a-ma-tuzz. You'll be sort of surprised what there is to be found once you go beyond 'Z' and start poking around!"

~ Dr. Seuss, author



Beginning at the End *cont. from pg. 1*

that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year's Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don't want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you've set

unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! January wasn't always a month for new beginnings. January and February were the last months to be added to the calendar and originally fell after December. It wasn't until 1752 that England officially declared January 1 its new New Year's Day.



Gable Pines

January 2022

Celebrating January

International Creativity Month

Mentoring Month

New Year's Day
January 1

Bird Day
January 5

Make Your Dream Come True Day
January 13

Use Your Gift Card Day
January 15

Martin Luther King Jr. Day
January 17

World Snow Sculpting Championship
January 18-23

Activity Professionals Day
January 28

Beginning at the End with "Z"

"New year, new me" is a common refrain on January 1. The start of a new year often presents the opportunity for a restart. You know what that means: dreaded new year's resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, having a baby, or opening a new business. But not everybody wants a new beginning. In fact, some want just the opposite.

Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings

altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff

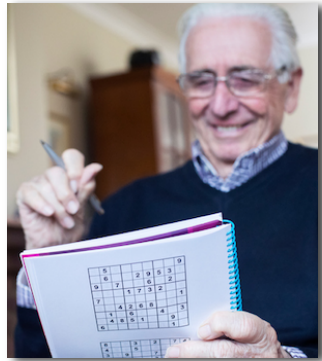
cont. on pg. 4



Building Blocks

January 28, 1958, Danish toymaker Godtfred Kirk Christiansen submitted a design to the patent office for a plastic building block known as a "Lego brick." The toy bricks had been produced since 1949, but their flimsiness and poor sticking power did not make them popular with children. In January 1958, Godtfred gathered his best engineers and sketched some

designs to improve their construction, including three inner tubes that would improve the bricks' sticking power. These three inner "clutch tubes" became the design feature that helped Lego bricks become one of the world's most iconic and beloved toys. For over 60 years, Lego has produced toys that are affordable, durable, and fun for both boys and girls, the young and old.



The brain technically isn't a muscle, but research shows that it should be exercised like one.

January might be International Brain Teaser Month, but no matter the time of year and no matter our age, our brains love to be teased! Brains are built to enjoy the novelty of a wide variety of challenges. Attempts to overcome those challenges keep our brains limber and help slow age-related cognitive decline. Whether it is a puzzle like a sudoku or a crossword, a mental challenge like a riddle or logic puzzle, or a device like a Rubik's Cube, it is beneficial whenever we force our brains to overcome a task or learn something new.

Our brains find *novelty*, or the quality of learning something new, original, or unusual, powerfully attractive. Novelty is not just related to new games or overcoming unique tasks. Newness takes many forms—hearing a new song, buying a new outfit, traveling to a new place—and is almost always

Service with a Smile

We look forward to most holidays as a day off from work, but Martin Luther King Jr. Day on Monday, January 17, is considered a “day on, not a day off.” People all over the country are asked to volunteer on this National Day of Service.

King's legacy is one of selfless service for the betterment of society. He gave his life fighting for justice and equality for all Americans. To honor this sacrifice, spend Martin Luther

accompanied by a rush of dopamine to the brain. Through this chemical rush, novelty makes us happy. Yet, as soon as a song gets overplayed, an outfit becomes outdated, or a new place becomes familiar, we find ourselves restless, seeking novelty once again. Brain teasers often offer our brains tiny daily doses of novelty.

The crossword puzzles and sudoku found in the daily news certainly challenge our creative thinking, but even these can become routine. Experts believe it is best to challenge your brain with different types of brain teasers. Learning a new board game is one type of challenge. Trying a new sport, practicing a new hobby, or even attempting to learn a musical instrument is another type of brain teaser. The science is clear that no single type of brain teaser will keep our brains young and sharp.

King Day making an impact in your community. Volunteer to help clean up a local park, act as a lunch monitor or crossing guard for a school, or work at a soup kitchen or shelter to feed the homeless. If you are unsure what volunteering opportunities are available in your area, contact your local AmeriCorps chapter. This federal agency mobilizes more than five million volunteers. Volunteerism not only helps your community but imparts a lasting sense of accomplishment.



Kids might be excellent inventors because their brains are more imaginative than those of adults.

Out of the Minds of Babes

American founding father Ben Franklin was renowned as a writer, printer, scientist, inventor, philosopher, and politician. His birthday on January 17 was declared Kid Inventors' Day to inspire innovative kids to turn their own inventive dreams into reality.

At age 11, Ben Franklin invented the first swim flippers. Chester Greenwood was only 15 when

he developed the first earmuffs. And Louis Braille, at age 12, began his work inventing a new language for the blind. Well into the 21st century, kids are still innovating. Fourteen-year-old Sarah Buckel wanted an easy way to decorate her locker. Thanks to her, kids now have magnetic locker wallpaper. Children are the future, and their inventions are bound to improve the way we all live.

Tomb of the Boy King

British archaeologist Howard Carter spent two years exploring and excavating a tomb in Egypt's famed Valley of the Kings before making the find of a lifetime. On January 3, 1924, he discovered a solid gold coffin containing the mummified remains of the boy-king Tutankhamen.

King Tut was just nine years old when he began his rule. His time as pharaoh lasted just 10 years before he died at age 19 of unknown causes. Following tradition, Tut was mummified and buried with myriad treasures. The tomb was sealed, and the desert sands swallowed its entrance, hiding the tomb for over 3,000 years.

When Carter first arrived in Egypt in 1891, many of the tombs of Egypt's greatest pharaohs had been discovered. But the tomb of one little-known pharaoh, the boy-king Tutankhamen, was unaccounted for. Carter spent 30 years

searching Egypt's shifting sands. He intensified his search for King Tut's tomb after the end of World War I with financing from one of the world's wealthiest collectors of antiquities. In November 1922, Carter's water boy stumbled across some ancient steps hidden in the sands. Carter knew that he had stumbled on a find of great importance.

Carter opened the tomb and was amazed to find that its contents had not been looted. According to Carter's diary, “Details of the room within slowly emerged from the mist, strange animals, statues, gold—everywhere the glint of gold.” It took nearly two years for Carter and his team to reach the Pharaoh's burial chamber. It was filled with golden shrines, jewel-studded chests, and Tutankhamen's sarcophagus. He raised the lid to reveal a coffin of pure gold. Carter's discovery ignited a worldwide fascination with Egyptology.



Carter's wealthy patron died four months after entering Tut's tomb, reinforcing the “Curse of the Pharaohs” myth.



Martin Luther King Jr. not only fought for social justice and racial equality but economic justice as well.